



Depression and its Homoeopathic Management

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ABSTRACT

Major depressive disorder has a prevalence of 5% in the general population and approximately 10-20% in chronically ill outpatients. is a leading cause of disability and suicide. When depression is comorbid with a medical condition, it increases disability, reduces adherence to medical care and rehabilitation, and can even shorten life.

INTRODUCTION

Mood disorders are characterized by impaired regulation of mood, behavior and affect. Mood disorders are divided into

1. Depressive disorder
2. Bipolar disorder
3. Depression in connection with illness or abuse of alcohol and addictive substances.

"Major depression is defined as depressed mood on a daily basis for at least 2 weeks."

The episode may be characterized by sadness, indifference, apathy or irritability and is usually associated with changes in sleep mass, appetite and weight, or motor agitation, or retardation, fatigue, impaired concentration and decision-making, feelings of shame or guilt. and thought of death or dying.

Depressed patients have a profound loss of pleasure in all pleasurable activities, manifested by early morning awakening, consider the state of dysphoric mood to be qualitatively different from sadness, and often experience diurnal mood swings (worse in the morning hours)

DEFINITION

There is a genetic predisposition to depression, especially if it has an early onset. The number and identity of the genes are largely unknown, but the serotonin transporter gene is a candidate.

Unhappiness and emotional depression at an early age also predispose to depression.

Depressive episodes are often, but not always, triggered by stressful life events (especially those involving loss), including medical illness.

Associated biological factors include hypofunction of the monoamine neurotransmitter system (5-HT and noradrenaline (norepinephrine) and abnormal regulation of the hypothalamic-pituitary-adrenal (HPA) axis leading to elevated cortisol levels that are not suppressed by dexamethasone.

SYMPTOMS

Psychological

Depressed mood

Reduced self-esteem

Pessimism

Fault

Loss of interest

Loss of enjoyment

Suicidal thinking
 Somatic
 Decreased appetite
 Gaining weight
 Disturbed sleep
 Fatigue
 Loss of libido
 Intestinal disorder
 Motor retardation (slowing down of activity)

DIAGNOSIS

Symptoms are listed above. depression can be mild, moderate or severe, it can also be episodic, recurrent or chronic. it can be both a complication of a medical condition and a cause of MUS. Thus, a physical examination is necessary, and the associated medical condition must always be taken into account.

Indicators of organic cause of psychiatric disorder.

Late age of onset of psychiatric illness.

No previous history of psychiatric illness.

No obvious psychological accelerator.

No family history of psychiatric illness.

HOMOEOPATHIC MANAGEMENT.

1. ARSENIC ALBUM

Great anxiety and restlessness, great fear with cold sweat, fear of death, of being left alone, feels that it is useless to take medicine, suicide.

Olfactory and visual hallucinations. desperation drives him from place to place, sensitive to disorder and confusion.

People who need this medicine may have high standards for themselves and others and become depressed if their expectations are not met.

Concerns about material security sometimes border on despair.

These people can be demanding and dependent, even suspicious of others because they fear their condition may be serious.

2. AURUM METALLICUM

Feelings of self-condemnation and utter worthlessness, deep depression with elevated blood pressure and disgusted with life and thoughts of suicide, talk of committing suicide, great fear of death, mental disturbances, constant quick questions without waiting for an answer, can't do things fast enough, hypersensitivity to noise, excitement, confusion.

These drugs can be useful for serious people, strongly focused on work and achievement, who become depressed if they feel that they have somehow failed.

3. CARB CALCARIA

Forgetful, confused, humiliated, anxious with palpitations, obstinacy, slight mental effort produces hot head, dislike of exertion.

A reliable, hard-working person who is overwhelmed by too much worry, work, or physical illness may benefit from this remedy. Anxiety, fatigue, confusion, despondency, self-pity, and fear of catastrophe may develop. A person in need of this medicine often feels cold and sluggish and easily fatigues with exertion.

Caustic

Hopeless, sad, deliberately compassionate, things to cry about, food from prolonged sadness, sudden emotions.

A person who feels depressed due to grief and loss (either recent or over time) may benefit from this medication. Frequent crying or feeling mentally numb and forgetful (with anxious checking that the door is locked, that the stove is off, etc.) are other indications. Often deeply sympathetic to others and with a strong sense of justice, people who need this remedy may be deeply repulsed or angry at the world.

Cimicifuga:

Feeling of a cloud enveloping her, great depression dreams of impending evil. delirium tremens, attempts to injure, mania after disappearance of neuralgia. A person who needs this medicine may be energetic and talkative when feeling well, but agitated and gloomy when depressed - with exaggerated fears (of madness, of assault, of disaster). Painful menstrual periods and headaches that involve the neck are often seen when this medicine is needed.

Ignatia Amara:

Mood swings, introspective, quietly brooding, melancholic, sadly tearful, uncommunicative, sighing and sobbing. after shock sadness disappointment.

Sensitive people who suffer from grief or disappointment and struggle to keep the hurt inside can benefit from this remedy. Wanting not to cry or appear too vulnerable to others, they can appear guarded, defensive and moody. They may also burst out laughing or crying for no apparent reason. A lump in the throat and heaviness in the chest with frequent sighing or yawning are strong indications for Ignatius. Insomnia (or excessive sleeping), headaches, and cramping pains in the abdomen and back are also common.

Natrum muriaticum:

Psychological causes of diseases, bad effects of sadness, fright, anger, etc.

Depressive especially in chronic diseases, comfort deepens, irritable passes into passion for trifles, clumsy, impetuous. wants to be alone to cry. Tears of laughter.

People who need this remedy appear reserved, responsible, and private—yet have strong inner feelings (sadness, romantic attachment, anger, or fear of misfortune) that they rarely express. Although they want others to empathize with them, they may act offended or angry if someone tries to comfort them, and they need to be alone to cry. Anxiety, thinking about past wrongs, migraines, back pain, and insomnia can also be experienced when a person is depressed. Salt cravings and fatigue from sunbathing are other indications for this remedy.

Sepia:

Indifferent to those who are most loved, averse to work, family, irritable, easily offended, troubled to be very sad alone. cries while recounting symptoms of anxiety from evening indolence.

People who feel tired, irritable, and indifferent to family members and tired of the demands of daily life may respond to this medication. They want to be left alone and may react in an angry or cutting manner if someone bothers them. They often feel better when they cry, but would prefer others to keep their distance and not try to comfort or cheer them up. Menstrual problems, a feeling of flabbiness of the internal organs, slow digestion and improvement after vigorous exercise are other indications for this medicine.

Staphysagria:

Violent, violent outburst of passion, hypochondriacally sad, very sensitive to what others say about her, prefers solitude, sullenness.

Quiet, sensitive and emotional people who have difficulty standing up for themselves may benefit from this drug. Hurt feelings, shame, resentment and repressed emotions can lead them to depression. If they are under too much pressure, they can sometimes lose their natural inhibitions and get angry or throw things. A person who needs this medication may also have insomnia (feeling sleepy throughout the day but unable to sleep at night), toothache, headache, stomach or bladder infection that are related to stress.

References –

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